



White County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the White County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the White County School System that includes:

- School Health Advisory Committee
- Nine Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy and a Coordinated School Health policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$178,358.00.

Community partnerships have been formed to address school health issues. Current partner include:

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| ➤ TTU School of Nursing | ➤ Sparta Police Department |
| ➤ Project Truth | ➤ White County Lions Club |
| ➤ Dr. Ty Webb, Cumberland Family Care | ➤ White County Department of Human-Children's Services |
| ➤ Dr. Chad Griffin, Cornerstone Family Medicine | ➤ Aaron Shafer Memorial Foundation |
| ➤ Dr. Donald Pate | ➤ White County Health |
| ➤ TenderCare | ➤ Kroger and Roger's Group. |
| ➤ Sparta YMCA | ➤ LTD and White County Community Hospital |
| ➤ Family Resource Center | ➤ Caney Fork and Walmart |
| ➤ Scottish Rites Shoe program | ➤ Kroger and Savage Building |
| ➤ First United Methodist Church | ➤ Sonic and Bank of White County |
| ➤ Lion's Club | ➤ Wilson Sporting Goods |
| ➤ 21 st Century Learning Center | ➤ First National Bank and Payless Pharmacy |
| ➤ UT Extension Office | ➤ White County Community Hospital and the Lion's Club |
| ➤ White County Health Department | ➤ First National Bank |
| ➤ White County Sheriff's Department | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including healthy school teams, school health screenings, backpack programs, healthy concession stands, advisory council, assisting in community bike rides and 5k runs. Currently, 80 parents are collaborating with CSH.

Students have been engaged in CSH activities including assisting with health screenings, back-to-school celebration, healthy school teams, assisting in community bike rides and 5k runs, nonperishable food items for needy, teaching anti-tobacco education to third grade students. Approximately 135 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the White County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1559 students screened, 1235 referrals made in 2010-11 screenings;

Students have been seen by a school nurse and returned to class – 1998 students seen with 96% sent back to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. White County schools have an obesity rate of 46.2%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness room at White County High School with eight spin bikes, two elliptical machines, two treadmills and a step machine, and combi ovens for White County Middle and High School;

Professional development has been provided to school health staff including physical education teachers, SPED teachers and Pre-K teachers to TN Technological University for physical education and activity in-service, and elementary teachers, librarians, and physical education teachers have been provided Take 10! and Michigan Model in-service;

School faculty and staff have received support for their own well-being through weight watchers and walking clubs and spin class at fitness center at WCHS.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model to all schools;
- Physical Education/Physical Activity Interventions – Take 10! to all elementary schools;
- Nutrition Interventions – combi ovens purchased for middle and high school to avoid frying;

- Mental Health/Behavioral Health Interventions – mental health 101 training for all teachers.

Partnership with the Family Resource Center has provided families with physical needs of clothing and shoes, our Backpack program and free and reduced breakfast at Middle school has reduced hunger, and our Partnership with TN Technological University has improved flow of our health screenings and health education needs in our classrooms.

In such a short time, CSH in the White County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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